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NURSING PRECAUTIONS: An intubed patient should not be left alone. His breathing has to be watched constantly.

If a patient coughs up a tube, the doctor must be notified immediately. If it is necessary to reintube the patient, it must be done at once.

Great care must be exercised in feeding intubed patients, as the food may enter the trachea. The doctor usually allows the patient to drink water shortly after he is intubed to see how he swallows.

NEW METHODS AND OLD

BY LAURA HARTWELL

Bremerton, Wash.

SARAH GAMP and her band would thump their bulging umbrellas upon the floor in disapproval, if they could see the modern method of bathing the baby. No longer does the squirmy infant slide around on an uncertain lap, but is now laid on a softly padded table and, with plenty of room to kick in safety, is easily washed and tended, crying less and being more physically fit than the babies of Sarah's time.

Marvellous events have followed each other rapidly in the past fifty years. Great inventions have been put to common use, the development of electricity being one of the most wonderful and useful sciences. Electric blankets and pads save the incessant refilling and the uncertain heat of the hot water bag, and are being successfully used in the treatment of rheumatism and some nervous diseases. Electric stoves are quick and easy to manipulate for heating or for keeping solutions hot, whereas the Sarahs of former days had to depend on smoky stoves or open fireplaces. We have electric torches instead of candles and, what would astonish her still more, that wizard of captured force,—the x-ray machine. Imagine her surprise if she happened to enter a present-day x-ray room! The crackle of the weird machine as the pictures were taken, would not frighten her as much as the picture itself, for it may be a picture of bones only, or a foreign body lodged in the tissues. It might show an abnormal condition of organs which she had never suspected of being in the human frame.

Dame Nature, the healing mother of the universe, is one of the best nurses in the world, but did Sarah think so? Would she believe in the treatment originated by Dr. Trudeau, and carried out so successfully at Saranac and at many hospitals for tuberculous patients

throughout the country? Even if free from the tuberculosis germ, many sufferers, not curable by operation, find a wonderful reality of rest and recovery in the country with clean, comfortable surroundings, where open windows allow the soft winds to enter, bringing a breath from the sea or the pine trees.

Serums are well known in these days, and the study of bacteria has paved the way for wonderful cures. During the recent influenza epidemic, in some severe cases a culture of the patient's blood showed the presence of the diminutive streptococcus, one of the most deadly of all bacteria. These germs were exterminated by the use of soluble Iodine, a solution of 15 cc, diluted from 50 cc to 100 cc, being given intravenously once a day for three days. The patient would often improve very quickly, having a stronger pulse and a lower temperature.

Distress the world over is now relieved by that wonderful organization, the American Red Cross. No longer does an epidemic or a famine in a foreign land start a spasmodic wave of generosity in the hearts of the people, which fails to relieve the sufferers in time because of unforeseen difficulties, but instead, fully equipped hospital units, with trained nurses and doctors, or tons of food and clothing, are shipped to the stricken land.

Philanthropy, too, how it has been revolutionized! In Sarah's time, Lady Bountiful, with her basket of good things on her arm, would make the rounds and help the poor people,—some of them,—sometimes. But now the public health nurse seeks to remove the cause of poverty and unhappiness, taking care of the sick, and teaching others to do so, teaching also prophylactic or preventive measures. The follow-up care given to patients in some large hospitals, both in the United States and in England, has materially increased the total of complete cures. Years ago the good work of weeks of care would in many cases be all undone, if the patient plunged into excessive work or returned to insanitary quarters, but the social service nurse has changed this by improving the home conditions, or getting the patient into a convalescent home.

Tooth brush drills in the schools, and elementary talks on health and hygiene, are all discussed by the rising generation,—who can tell how far the good words carry?